Opinion

Top 7 Benefits of an Annual Dental Check-up

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Teeth are one of the most vital aspects of a human body. Over the years, ignorance and negligence of proper oral healthcare can lead to lasting teeth and gum damage. With the advancement of technology and accessibility to dentists, it is quite simple to maintain healthy teeth.

As per a random survey carried out a few years ago, more than 90% of adults have had cavities and nearly 25% of them have had untreated cavities at some point in their life. This showcases a large number of people who are quite negligent when it comes to oral healthcare. Imagine yourself without any teeth or with dentures that are not so pleasant to have all the time! It is quite binding, isn't it?

In order to avoid this scenario, we recommend a complete oral and dental health check-up at least every 6 to 12 months, to repair damaged teeth. With this article we aim at increasing dental awareness amongst every age group, to avoid unhealthy teeth problem later.

Let us see the top 7 reasons why a good dental check-up is essential at least twice a year.

Healthy Smile

A great set of teeth leads to an even more pleasing personality and smile. A healthy smile can be maintained by regularly visiting your dentist, during or to avoid any dental problems. Today, it has been observed, a lot of adults and children alike have some form of gum disease that is harmful for your oral health.

Visiting your dentist regularly benefits you to maintain a healthy smile and address any unwarranted teeth issues immediately.

Early detection

Like adults, even children are subject to multiple oral problems, owing to their unhealthy eating habits. Brushing your teeth twice a day can be a big saviour, however, getting it regularly checked by a pedodontist or a family dentist can go a long way in detecting problems much earlier than anticipated.

Early detection can help you save a lot of money in the long run, because you will not be spending a huge amount in curing a problem that exists. In fact, you will be preventing the problem to take root.

Healthy development of mouth and tooth

We often end up ignoring the small problems that arise in our mouth, thinking it would go away the next day. However, this may not be true always! A slight discomfort in your teeth should urge you to take that step and consult your dentist to ensure a healthy development of teeth and mouth.

Bleeding gums, pain in the tooth, crooked teeth, protruding teeth, etc. are problems that persist with every second individual today. In order to make your teeth grow better, it is best to consult your dentist and take an opinion.

Remove Tartar

With regular wear and tear, there is a huge possibility of developing plaque and tartar on your teeth. Dentists are professionally trained to clean your teeth with advanced equipment, using specialized tools, to retain your tooth enamel and rid you of plaque and decay.

When plaque begins to develop on your teeth, it can lead to the development of tartar. Untreated tartar can lead to hardening and eventually cavities. Without a regular dental check-up, it is quite impossible to remove this on your own. Get your set of healthy teeth today!

Avoid other health problems

It is a proven fact that poor dental hygiene can lead to an unhealthy body. Poor oral health can lead to a number of other body diseases that require prolonged treatment and a lot of money. Right from osteoporosis to heart diseases, endocarditis, diabetes, gum disease, etc. This leads to huge expenditure over the years to come.

Maintaining a healthy set of teeth, free of all cavities and tartar, is a great way to boost your confidence. This can be achieved by visiting your dentist twice a year, or as recommended by your dentist.

Saves your life

Today, cases of oral cancer have increased alarmingly. This is because of carelessness to take care of your teeth every day. Regular oral health check-up leads to detection of oral cancer at an early stage.

Schedule an appointment with your dentist and screen yourself of any surprises later.

Boosts confidence

Last, but nor the least, regular dental check-ups lay the foundation of great and healthy set of teeth in children. We set a positive example in front of our children and help them get better acquainted with regular dental check-ups every year.

It not only provides you a great smile, but also boosts confidence tremendously. Imagine a person with bad breath vis-à-vis a person with good breath. The difference is in the oral health schedules and dedication to keep them clean.

Regular dental check-ups give you a reason to avoid any painful and unwarranted problems later in life. Give yourself a biannual dental check up and see your perfect smile erupt every day!

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